iueiBorrhage (lit affections of blood)." Shunthi powders taken with sugar and honey instantaneously make one's voice sweet and clear. A compound of Haritalam, and conch-shell powders, and the ashes *oi* the plantain bark pasted together with water acts as a good hair-dilapidator. Rock-salt, Haritalam, and powdered Tuinbi-fruit pasted together with the solution of Laksha forms a good 'hair-dilapidator. Take Sudha, Haritalam, ashes of conch-shells, Manah-shlld and rock-salt, pound them together and reduce'them to the consistency of a paste with the addition of'-goat's urine. The paste thus prepared acts as an instantaneous hair-dilapidator.

Paste powders of conch-shells, Amalakam, Patram and Dhitaki flowers together with milk, A week's keeping of this compound in the mouth imparts a pearly lustre and whiteness to one's teeth.

HARI said:—The use of milk curd is forbidden in autumn summer, and spring (computed according to the Ayurvedic calendar), whereas its use is recommended in fore-winter (Heroanta), winter and the rainy season. Cutter and sugar, taken after a meal, tend to improve the intellect. O Hara, by taking a Palam of common treacle, each day, for a year, a man is enabjed to visit a thousand women and to acquire an enormous bodily strength, By taking Kushtham- powders, each night, at bed time, in combination with Ghritam and boney, a person is enabled to withstand the ravages of time such as grey hair and a shrivelled, wrinkled skin of the body The intelligent man, who rubs his body with a cosmetic com-pound composed of Atasi, Masha and Godbuma pounded